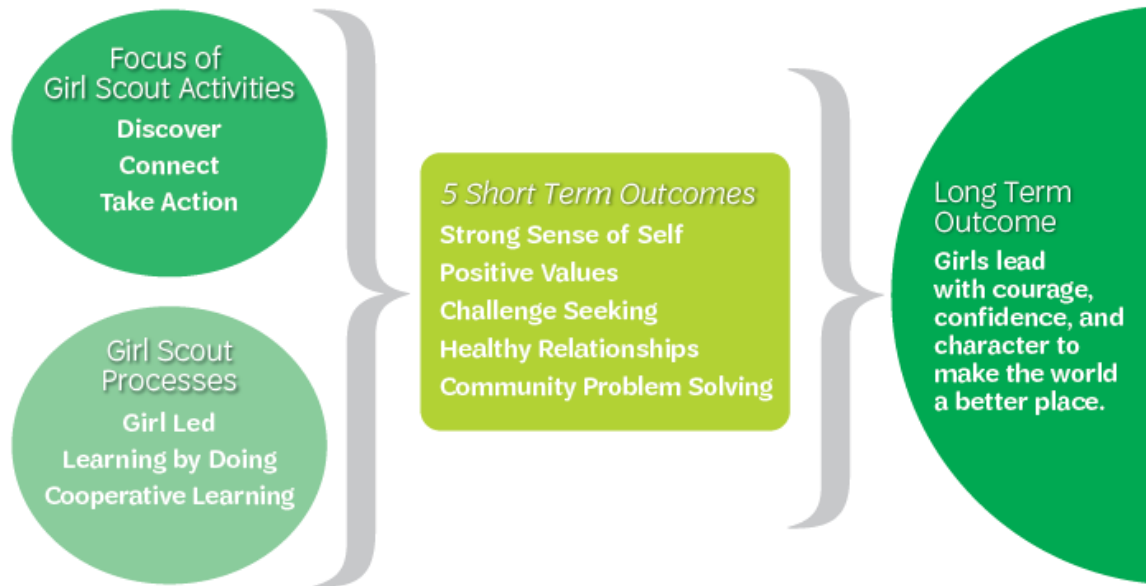


Volunteer Essentials Girl Scout Program

Five Benefits for Girls

When girls participate in Girl Scouts, they develop five important outcomes:



When girls participate in Girl Scouts, they benefit in 5 important ways:

1. **Strong Sense of Self:** Girls have confidence in themselves and their abilities, and form positive identities.
 - Confidence:
 - Girls like me can be leaders.
 - Girls like me can do important things.
 - Girls like me can be good at many different things.
 - Positive Identity:
 - I am happy with myself most of the time.
 - I really like the way I look.
 - I am glad I am me.
2. **Positive Values:** Girls act ethically, honestly, and responsibly, and show concern for others.
 - Integrity:
 - I take responsibility for my actions when I make a mistake.
 - I do what is right, even when it is hard.
 - I tell the truth, even when it is not easy.

- Caring:
 - When I see someone being taken advantage of, I want to help them.
 - When I see someone being picked on, I feel sad.
 - When I see another person who is hurt or upset, I want to make them feel better.
- 3. **Challenge Seeking:** Girls learn to take appropriate risks, try things even if they might fail, and learn from mistakes.
 - I try things even if I may not be good at them.
 - I don't give up, even when things are hard.
 - Even if I am afraid of making mistakes, I still try new things.
- 4. **Healthy Relationships:** Girls develop and maintain healthy relationships by communicating their feelings directly and resolving conflicts constructively.
 - If my friend makes me angry, I can talk to them about it.
 - When someone does a good job, I tell them.
 - I listen to people even when I disagree with them.
- 5. **Community Problem Solving:** Girls desire to contribute to the world in purposeful and meaningful ways, learn how to identify problems in the community, and create "action plans" to solve them.
 - Civic Orientation
 - I want to make the world a better place to live in.
 - It is important for me to make a difference in my community.
 - I know what my community needs to become a better place.
 - Civic Engagement
 - I pay attention to what my community needs.
 - When I see a problem in my community, I figure out who can help me solve it.
 - When I see a problem in my community, I think of many ways to solve it.

Girls experience these benefits through participating in age-appropriate activities that are girl-led, cooperative and hands-on. This means girls and adults:

- make decisions together about what to do and how to do it
- work collaboratively as a team, and
- learn by actively reflecting on experiences that are relevant to them.

There are many tools available to support girls and adults in Girl Scouts including Badges, Activities and Experiences, Product Program, Journeys and leadership opportunities, outdoor experiences and adventures, and trips and travel.

Why do these five outcomes matter?

When girls exhibit these attitudes and skills, they become responsible, productive, caring, and engaged citizens. But don't take our word for it! Studies show that the development of attitudes, behaviors, and skills like confidence, conflict resolution, and problem solving are critical to well-being and rival academic and technical skills in their capacity to predict long-term positive life outcomes.

When a girl develops these 5 outcomes, she'll become...

- A girl who stands up for herself and believes she can do anything
- A girl who is honest, reliable and caring
- A girl who isn't afraid to go outside of her comfort zone
- A girl who gets along with and works well with others
- A girl who is an active and engaged citizen

Youth who develop these five outcomes...

Are happier, healthier, and less likely to engage in problem behaviors or be victimized.

Youth who develop competencies such as perseverance, positive self-esteem, and sociability have lower rates of obesity, depression, and aggression, and show greater life satisfaction and well-being than those who do not develop such attributes/skills.

Achieve more academically and feel more engaged in school. Youth who participate in programs that promote the attributes and skills linked with our five outcomes show stronger academic performance and school engagement compared to those who do not. When students are more self-aware and confident about their learning capabilities, they try harder and persist in the face of challenges.

Become strong job applicants. When employers want new hires to have technical knowledge related to a given job, those skills are not nearly as important as good teamwork, decision-making, and communication skills. Yet many employers around the world report that job candidates lack these attributes.

Become successful, well-adjusted adults. Kindergarteners who learn how to share, cooperate with others, and be helpful are more likely to have a college degree and a job 20 years later than youth who lack these social skills. They are also less likely to have substance-abuse problems and run-ins with the law.